

ABSTRACT

A novel agent for preventing and healing constipation which heals the symptom of constipation very effectively and entails absolutely no side effect is provided. This agent 5 for preventing and healing constipation is formed by containing a hydrogen of a polyvalent metal salt of alginic acid possessing a spherical or ovaloid shape having a short diameter in the range of 1 - 10 mm and an aspect ratio (long diemter/short diameter) in the range of 1 - 25. The hydrogel 10 of a polyvalent metal salt of alginic acid is obtained by dropping an aqueous solution of sodium alginato into an aqueous solution of a polyvlant metal salt. It is optionally stored in water and/or a hydrogen compound of a natural compound 15 possessing a free acid group capable of reacting and sequestering a basic compound.